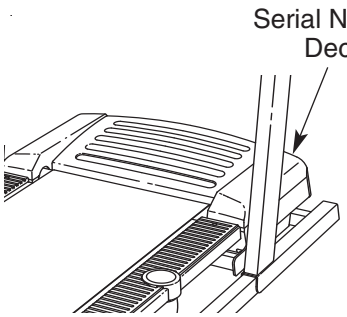
PRO-FORM® 480 CX

Model No. PETL40906.0
Serial No. _____



USER'S MANUAL

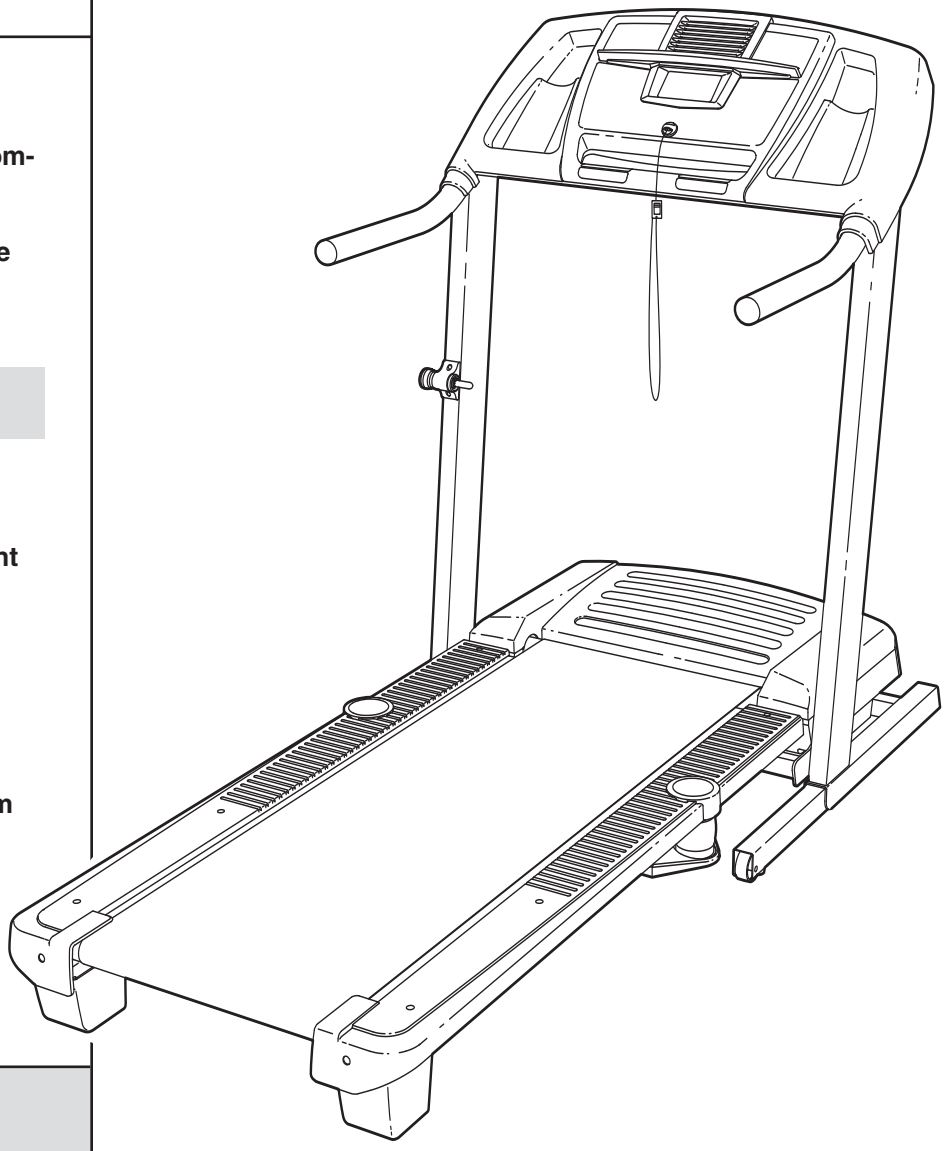
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at
www.iconeurope.com

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PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 136 kg (300 lbs.) or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes; never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 11), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **Keep the power cord away from heated surfaces.**
12. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 26 if the treadmill is not working properly.)**
13. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).**
14. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.**
17. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**
19. **When folding or moving the treadmill, make sure that the storage latch is fully engaged.**
20. **When using iFIT.com programs, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

21. When using iFIT.com programs, you can manually override the speed and incline settings by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

22. Always remove iFIT.com CDs and videos from your CD player or VCR and disconnect your MP3 player when you are not using them.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never insert any object into any opening.

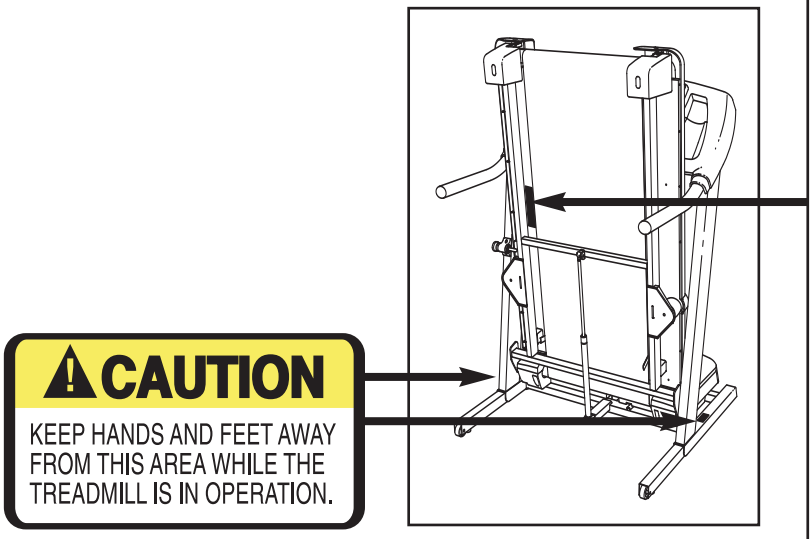
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

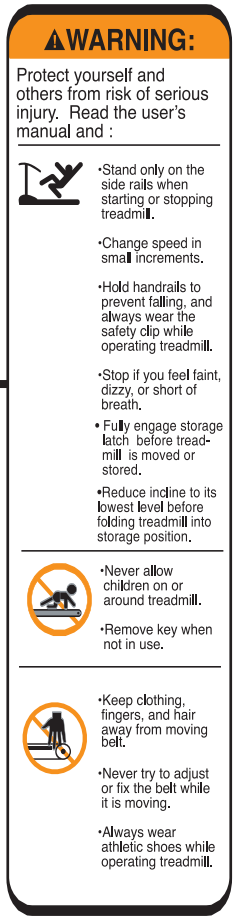
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown at the right have been placed on the treadmill. If a decal is missing, or if it is illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



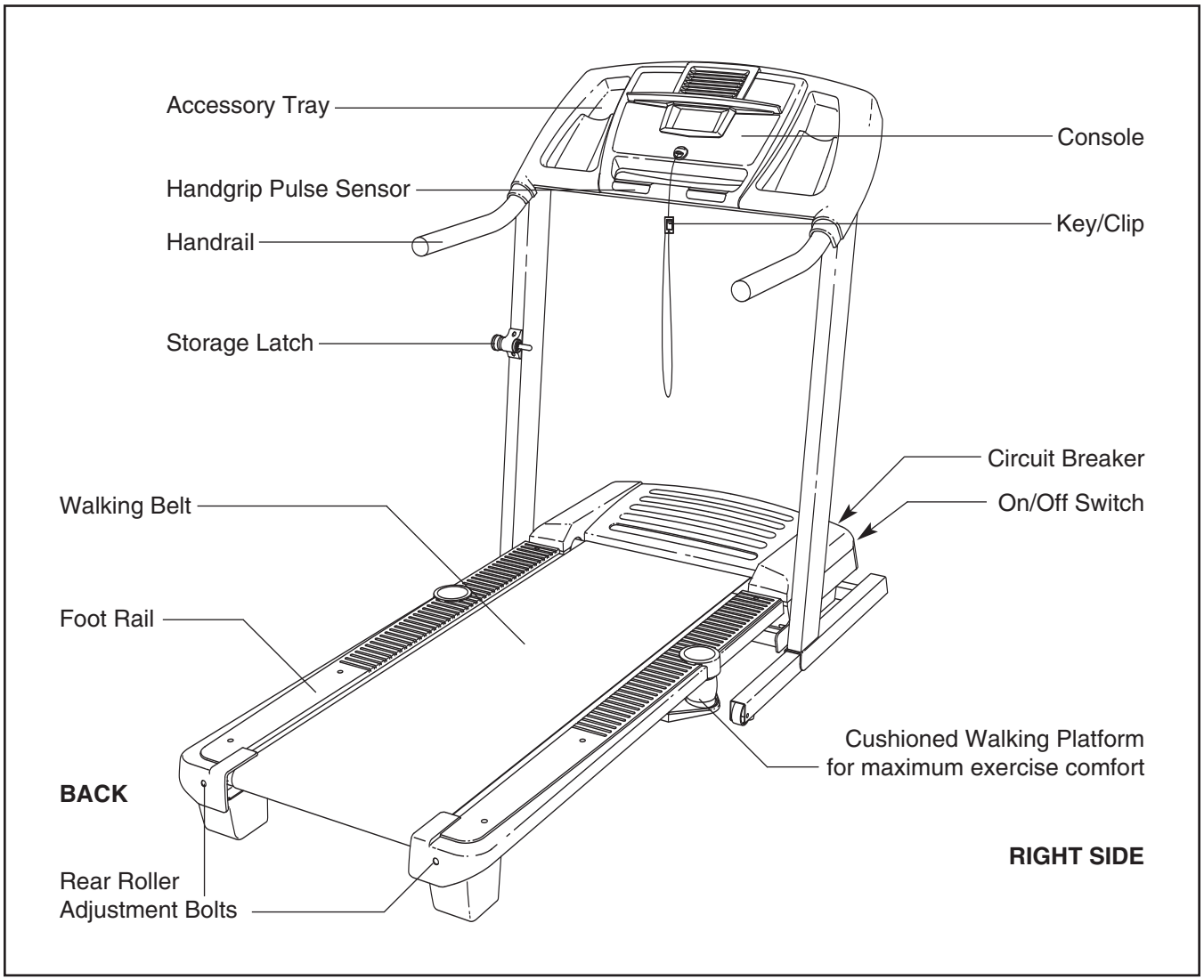

⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 480 CX treadmill. The 480 CX treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the 480 CX treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number of the treadmill is PETL40906.0 The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys, your own phillips screwdriver, and your own rubber mallet.

For help identifying the assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 30 and 31. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it has been pre-assembled. To avoid damaging plastic parts, do not use power tools for assembly.**

1" Tek Screw (22)–4

Sliver Ground Screw (33)–1

Screw (3)–11

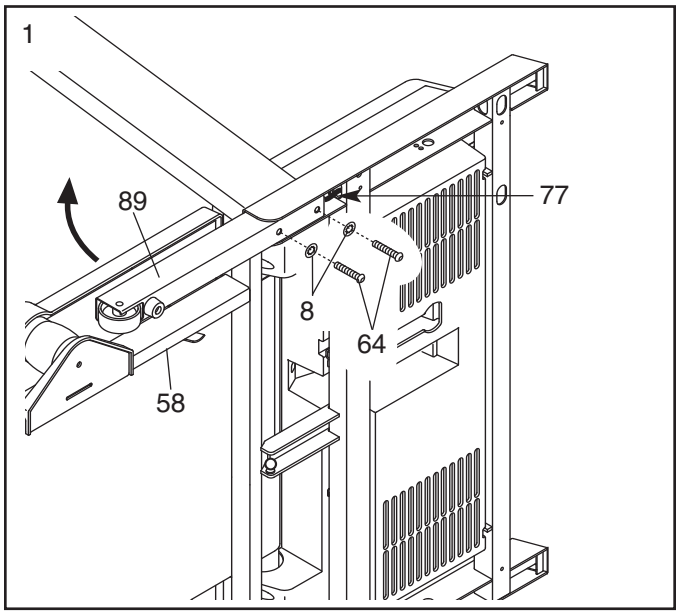
Star Washer (8)–8

Handrail Bolt/ Extension Leg Bolt (64)–8

1. **Make sure that the power cord is unplugged.**

   With the help of a second person, carefully tip the treadmill onto its left side as shown. Partially fold the Frame (58) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

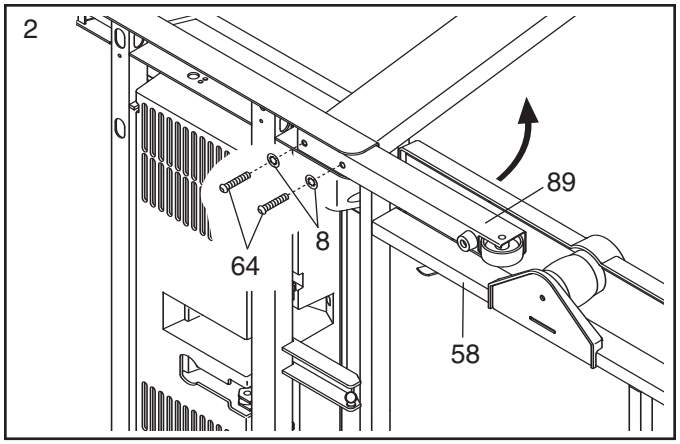
   Insert an Extension Leg (89) into the base of the Upright (84) as shown. **Note: Be careful not to pinch the Upright Wire Harness (77) in the base of the Upright.** To fully insert the Extension Leg, it may be necessary to tap on it with a mallet. Next, insert two Extension Leg Bolts (64) with Star Washers (8) into the bottom of the Extension Leg, and firmly tighten the Extension Leg Bolts.



2. With the help of a second person, carefully tip the treadmill onto its right. Partially fold the Frame (58) so the treadmill is more stable. **Do not fully fold the treadmill until it is completely assembled.**

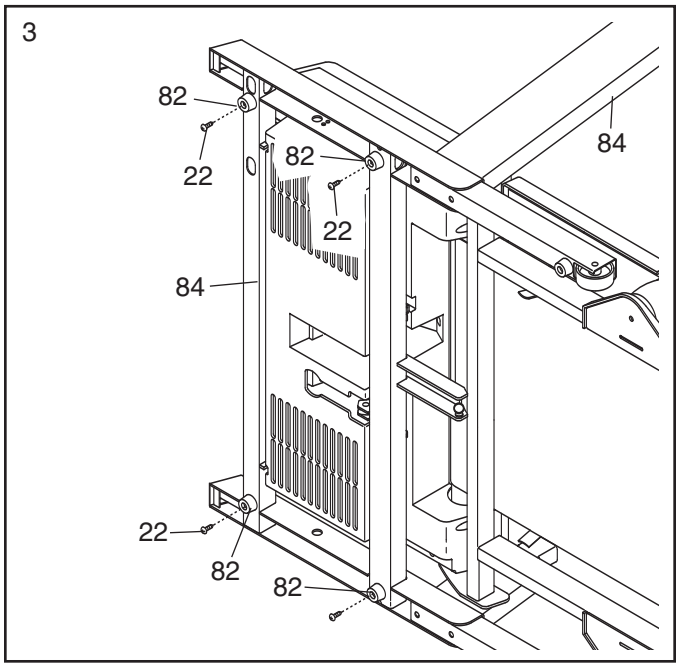
   Insert the other Extension Leg (89) into the base of the Uprights (84) as shown. Next, insert two Extension Leg Bolts (64) into the bottom of the Extension Leg, and firmly tighten the Extension Leg Bolts.

.



3. Attach four Base Pads (82) to the base of the Uprights (84) with four 1" Tek Screws (22).

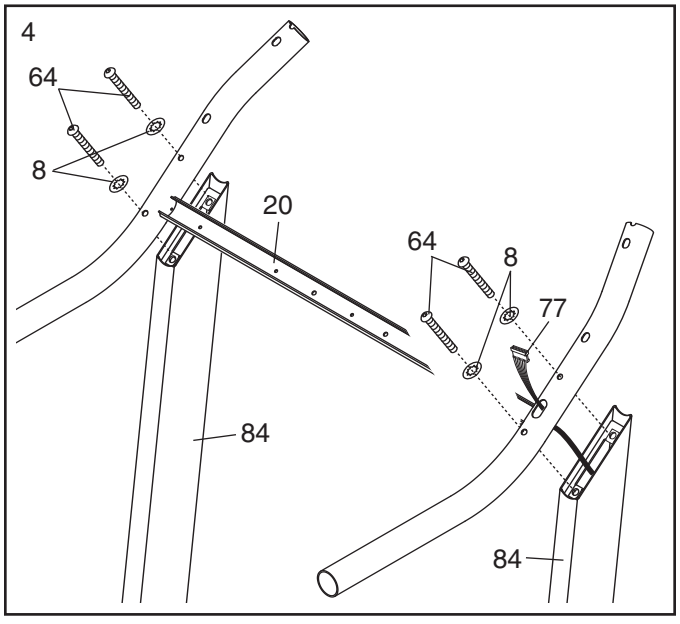
   With the help of a second person, carefully raise the treadmill so that all four Base Pads (82) are on the floor and the Upright (84) is in a vertical position.



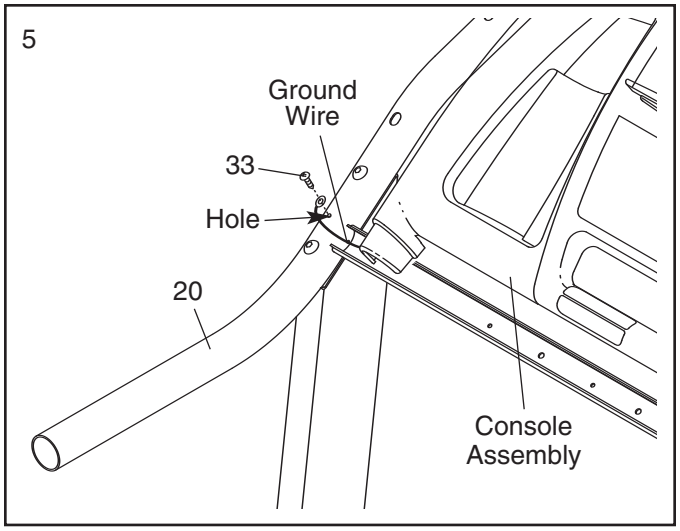
4. Have a second person hold the Handrail (20) near the Uprights (84). Insert the Upright Wire Harness (77) into the hole in the bottom of the Handrail and out of the top as shown.

   Next, set the Handrail (20) on the Uprights (84). **Do not let the Upright Wire Harness (77) fall into the right Upright.**

   Attach the Handrail (20) with four Handrail Bolts (64) and four Star Washers (8); **start all four Handrail Bolts and then firmly tighten them.**

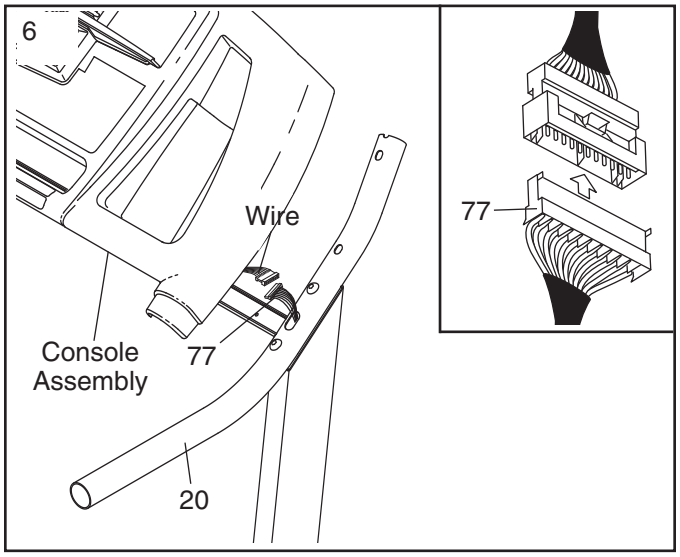


5. While a second person holds the console assembly near the Handrail (20), attach the ground wire to the indicated hole in the Handrail with a Ground Screw (33).



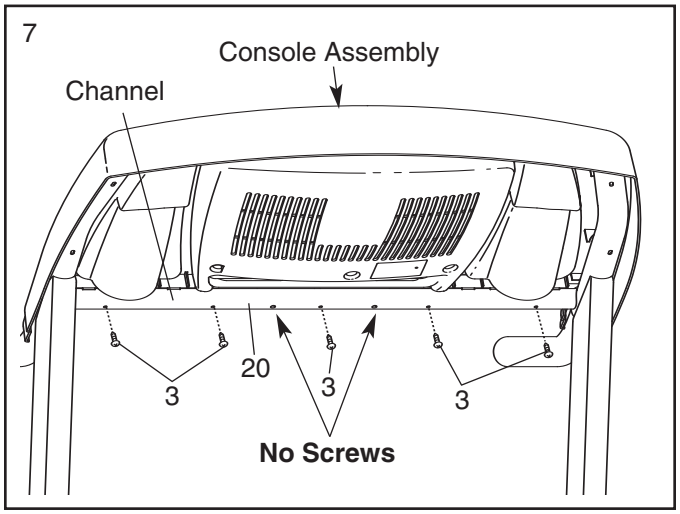
6. While the second person continues to hold the console assembly, locate the wire harness underneath the console assembly.

   Connect the wire harness from the console assembly to the Upright Wire Harness (77). **Make sure to connect the connectors properly (see the inset drawing). The connectors should slide together easily and snap into place.** If the connectors do not slide together easily and snap into place, turn one connector and then try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Then, insert the connectors downward into the Handrail (20).



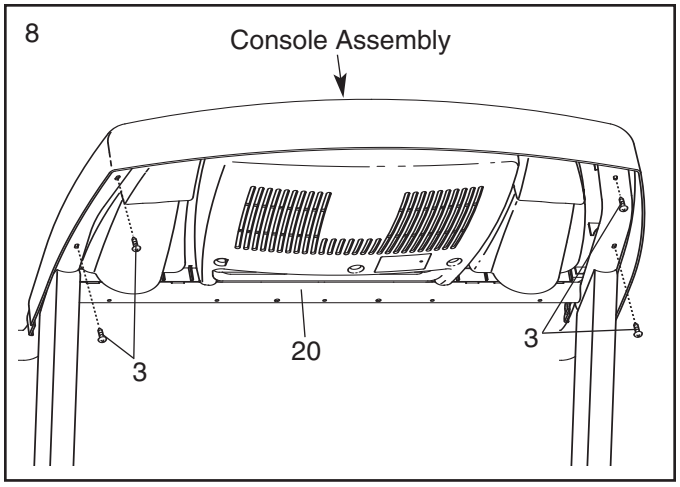
7. Set the console assembly on the Handrail (20). **Be careful to avoid pinching any of the wires. Make sure that the ground wire (see step 5) and the wire harness from the console assembly (see step 6) are in the indicated channel.**

   Hand tighten five Screws (3) into the Handrail (20) and the console assembly. **Start all five Screws, but do not tighten them yet. Do not put Screws into the two indicated holes.**



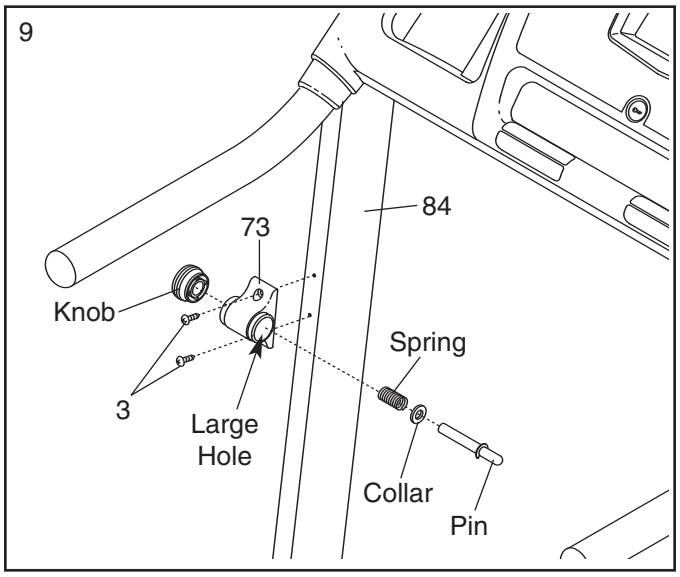
8. Hand tighten four additional Screws (3) into the Handrail (20) and the console assembly. Then, **tighten all nine Screws used in step 7 and this step; do not overtighten the Screws.**

   Plug in the power cord as described on page 11, and turn on the power as described on page 13. Note: The treadmill may automatically rise to the maximum incline level and then return to the minimum level.



9. Attach the Latch Housing (73) to the left Upright (84) with two Screws (3). **Make sure that the large hole in the Latch Housing is on the side shown. Do not overtighten the Screws.**

   If the pin is not preassembled in the Latch Housing (73), remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing, and tighten the knob back onto the pin.

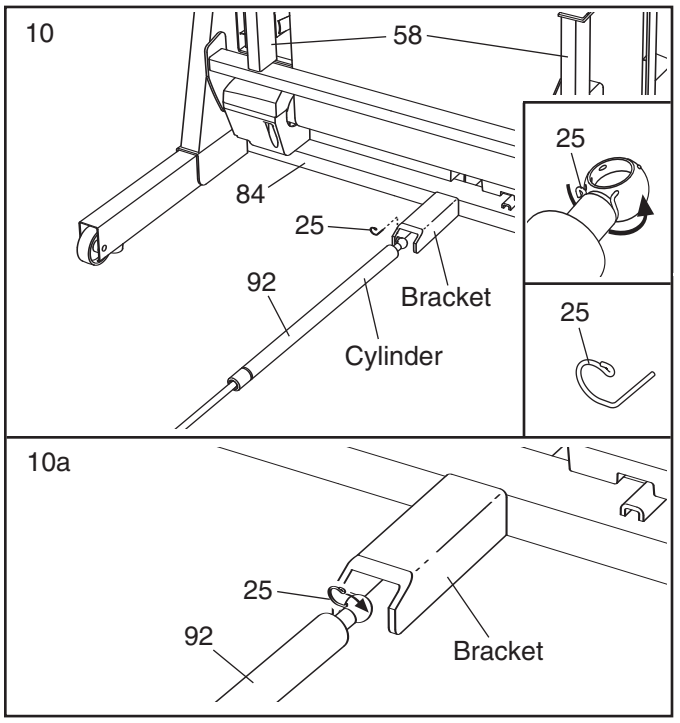


10. Place the treadmill in the storage position (see HOW TO FOLD AND MOVE THE TREADMILL on page 24).

    Next, place the cylinder end of the Shock (92) near the bracket on the base of the Uprights (84).

    See the two small inset drawings. Using your fingernail or the end of a screwdriver, press on the end of the Shock Pin (25) to loosen it from the Shock (92). Next, rotate the Shock Pin and pull it out of the Shock. **Be careful to avoid losing the Shock Pin.**

    See drawing 10a. Press the cylinder end of the Shock (92) onto the ball on the bracket. Next, insert the end of the Shock Pin (25) through two of the small holes in the end of the Shock. Then, rotate the Shock Pin until it clips onto the Shock.

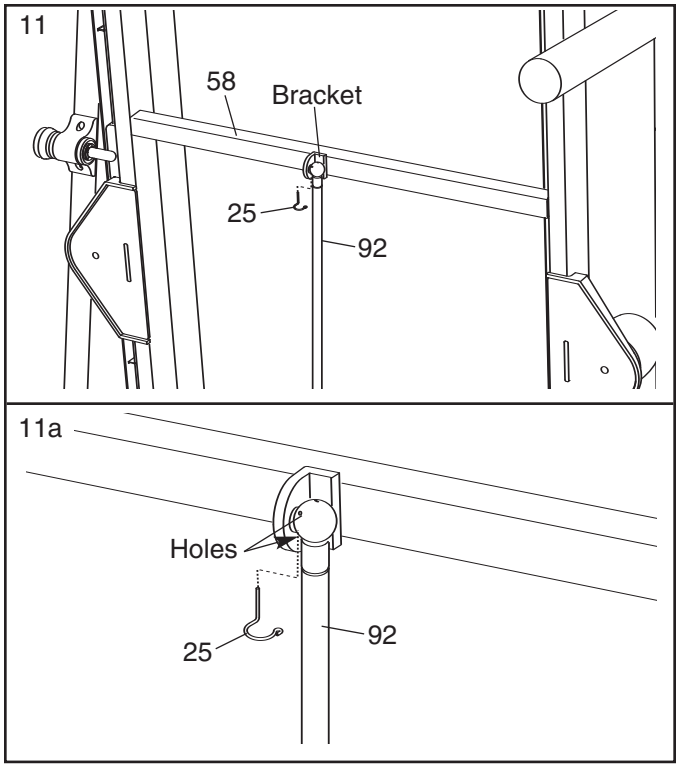


11. Raise the Shock (92) to a vertical position. Remove the Shock Pin (25) from the raised end of the Shock as described in step 6. If necessary, rotate the Shock to align the end of the Shock with the ball on the bracket on the Frame (58).

    Next, press the Incline increase and decrease buttons until the ball on the bracket is aligned with end of the Shock (92). Then, press the end of the Shock onto the ball. Note: It may be necessary to press the end of the Shock onto the ball while the Frame is moving.

    See drawing 11a. Insert the Shock Pin (25) into the two indicated small holes in the end of the Shock (92). Then, rotate the Shock Pin until it clips onto the Shock. Note: Extra Shock Pins are included.

    Press the Incline decrease button until the treadmill is at the lowest incline level. Then, unplug the power cord and lower the treadmill Frame (58) to the floor.



12. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 27). To protect the floor or carpet, place a mat under the treadmill.

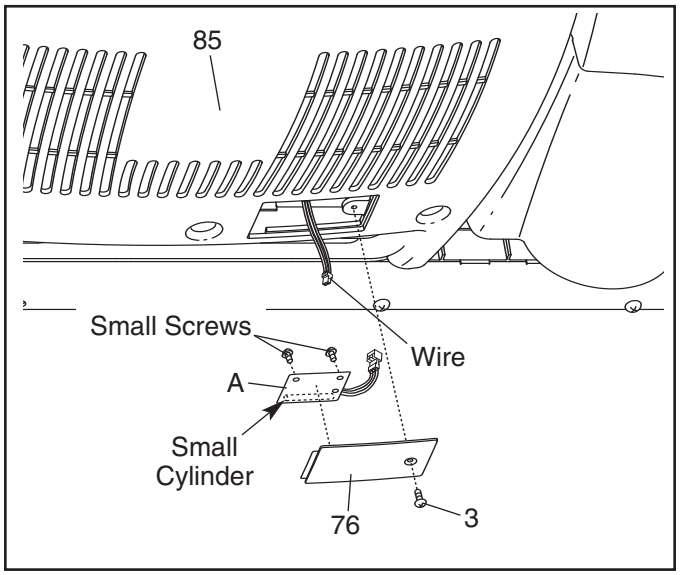
If you purchase the optional chest pulse sensor (see page 23), follow the steps below to install the receiver included with the chest pulse sensor.

1. **Remove the key from the console and unplug the power cord.**

    Remove the Screw (3) and the Access Door (76) from the back of the Console Base (85).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Base (85). **Hold the receiver so the small cylinder is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (76) with the two included small screws.

3. **Make sure that no wires are pinched.** Reattach the Access Door (76) with the Screw (3). Discard the other wires included with the receiver.



OPERATION AND ADJUSTMENT

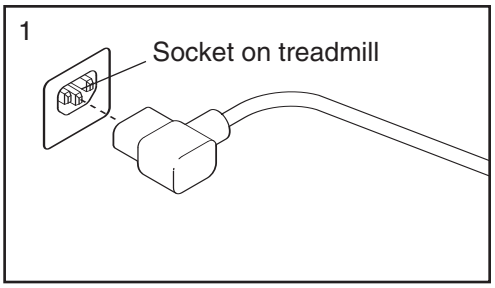
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

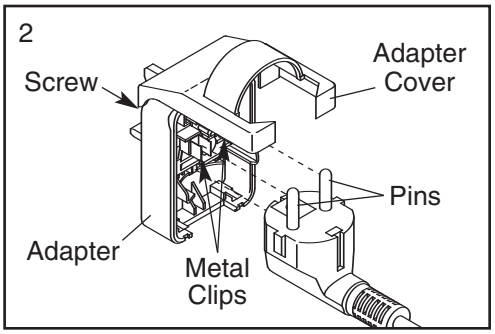
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

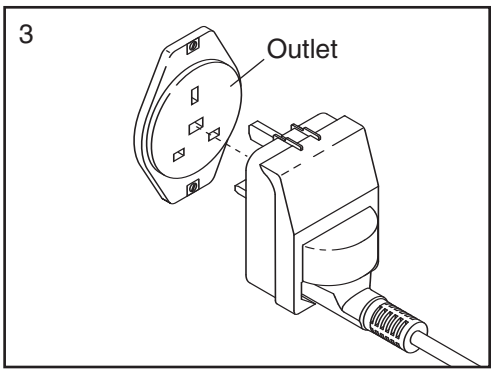
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**

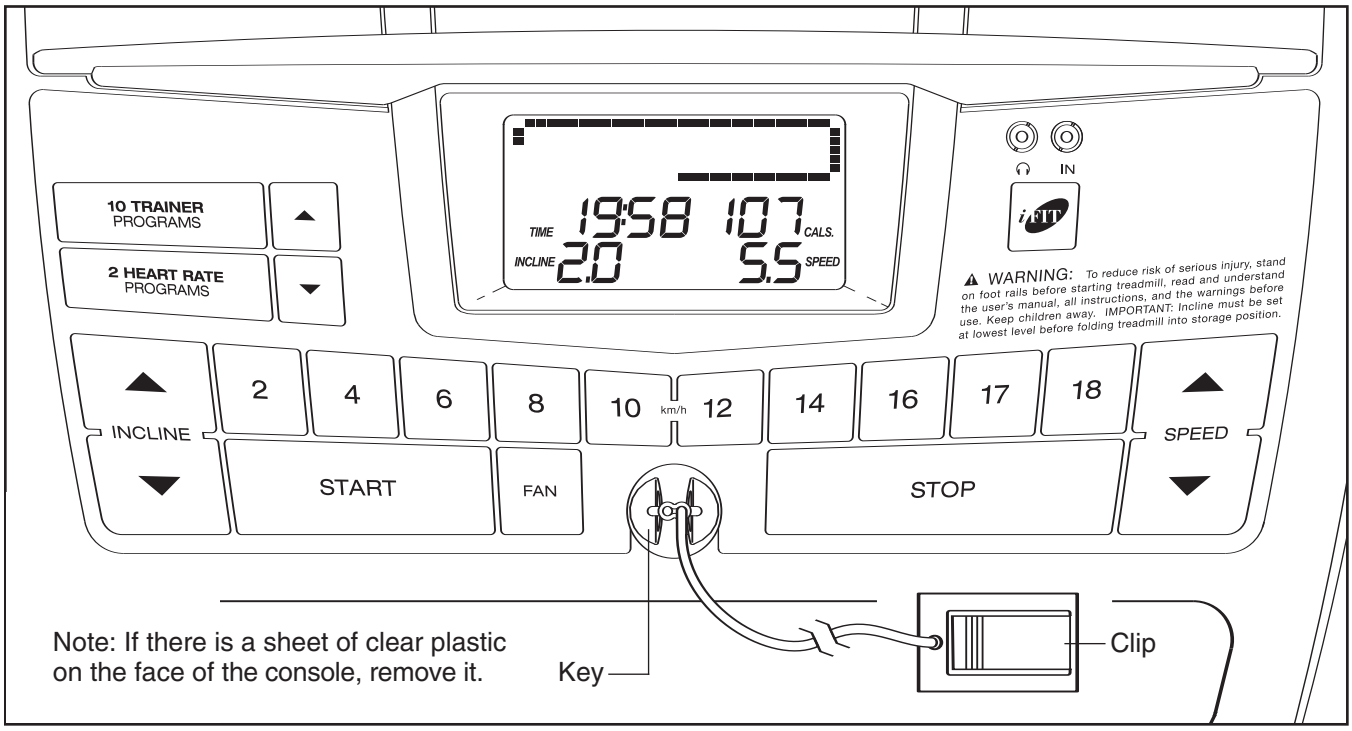


See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

CONSOLE DIAGRAM


10 TRAINER PROGRAMS
2 HEART RATE PROGRAMS
TIME 19:58
CALS. 107
INCLINE 2.0
SPEED 5.5
IN
WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away. IMPORTANT: Incline must be set at lowest level before folding treadmill into storage position.
INCLINE
2 4 6 8 10 km/h 12 14 16 17 18
SPEED
START
FAN
STOP
Note: If there is a sheet of clear plastic on the face of the console, remove it.
Key
Clip

FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor (see page 23).

The console also features ten trainer programs. Each trainer program automatically controls the speed and incline of the treadmill as it guides you through an effective workout. In addition, the console offers two heart rate programs. Each heart rate program adjusts the speed and incline of the treadmill to keep your heart rate near a target heart rate during your workout. Note: You must wear the optional chest pulse sensor to use the heart rate programs.

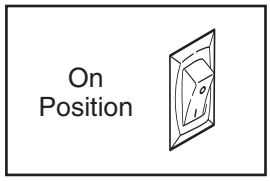
The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). iFIT.com programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

With the treadmill connected to your computer, you can also go to www.iFIT.com and access iFIT.com programs directly from our Web site. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 13. **To use a trainer program**, see page 15. **To use a heart rate program,** see page 16. **To use an iFIT.com MP3, CD, or video program**, see page 17. **To use an iFIT.com program directly from our Web site**, see page 19.

HOW TO TURN ON THE POWER

Plug in the power cord (see page 11). Next, locate the on/off switch near the power cord. Make sure that the switch is in the "on" position.



Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing on page 12) and slide the clip onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

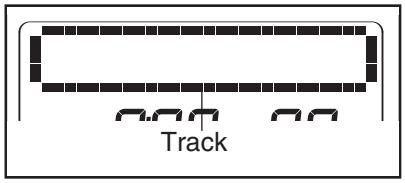
HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.

When you insert the key, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Heart Rate Programs button repeatedly until a track appears in the display.



3 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 2 through 18.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 2 km/h. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time you press a button, the speed setting will change by 0.1 km/h; if you hold down a button, the speed setting will change in increments of 0.5 km/h. Note: After you press the buttons, it may take a moment for the walking belt to reach the selected speed setting.

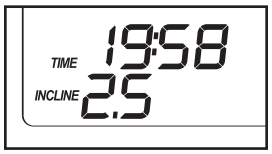
If you press one of the numbered speed buttons, the walking belt will gradually change in speed until it reaches the selected speed setting.

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

Note: The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 23).

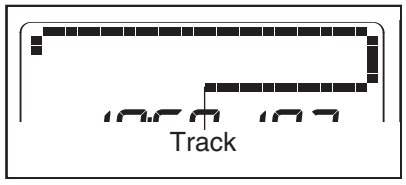
4 Change the incline of the treadmill as desired.

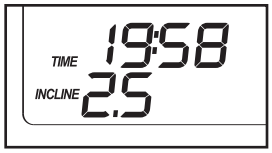
To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time you press a button, the incline will change by 0.5%. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.



5 Follow your progress with the display.

When the manual mode is selected, the display will show a track that represents 400 meters (1/4 mile). As you walk or run, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.





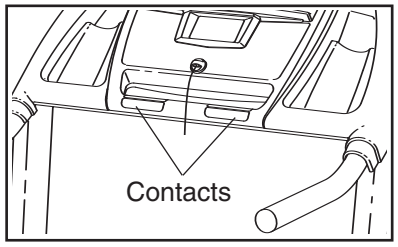
The left side of the display will show the elapsed time, the distance that you have walked or run, and the incline level of the treadmill. Note: When a program is selected (except for heart rate program 2), the display will show the time remaining in the program instead of the elapsed time.

The right side of the display will show the approximate number of calories you have burned, the speed of the walking belt, and your pace (in minutes per kilometer). The right side of the display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.

Note: The console can display speed and distance in either kilometers or miles. To find which unit of measurement is selected, or to change the unit of measurement, see THE INFORMATION MODE on page 23. **Note: For simplicity, all instructions in this section refer to kilometers.**

To reset the display, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.



Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately. Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.

To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, the heart symbol in the right side of the display will begin to flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fan if desired.

To turn on the fan, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

8 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position you will damage the treadmill.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 23 and turn off the demo mode.**

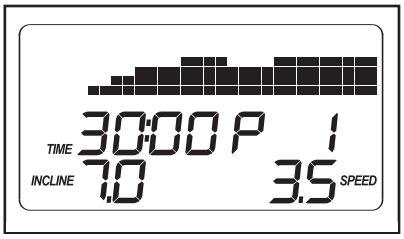
When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord.

HOW TO USE A TRAINER PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

2 Select a trainer program.

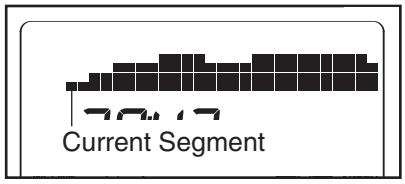


To select one of the trainer programs, press the Trainer Programs button repeatedly until one of the program indicators ("P1" through "P10") appears in the display. When a trainer program is selected, the program time will appear in the display, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds, and a profile of the speed settings of the program will scroll across the display.

3 Press the Start button or the Speed increase button to start the program.

A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into 30, 50, or 60 one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive segments.



The speed setting for the first segment will be shown in the flashing Current Segment column of the display. (The incline settings are not shown in the upper part of the display.) The speed settings for the next several segments will be shown in the columns to the right.

When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first segment is completed, *all speed settings will move one column to the left*. The speed setting for the second segment will then be shown in the flashing Current Segment column and the treadmill will automatically adjust to the speed and incline settings for the second segment. Note: If all of the indicators in the Current Segment column are lit, *the speed settings may move downward* so that only the highest indicators appear in the display.

The program will continue in this way until the speed setting for the last segment is shown in the Current Segment column and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current segment is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Segment column; if any of the columns to the right of the Current Segment column have the same number of lit indicators as the Current Segment column, an additional indicator may appear or disappear in those columns as well. **Important: When the current segment ends, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the next segment of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

4 **Follow your progress with the display.**

See step 5 on page 13.

5 **Measure your heart rate if desired.**

See step 6 on page 14.

6 **Turn on the fan if desired.**

See step 7 on page 14.

7 **When you are finished exercising, remove the key from the console.**

See step 8 on page 14.

HOW TO USE A HEART RATE PROGRAM

Heart rate program 1 will automatically adjust the speed and incline of the treadmill to keep your heart rate within a preset range during your workout. Heart rate program 2 will keep your heart rate near a target heart rate setting that you select.

⚠ CAUTION: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the heart rate programs. If you are taking medication regularly, consult your physician to find whether the medication will affect your exercise heart rate.

Follow the steps below to use a heart rate program.

1 **Put on the optional chest pulse sensor.**

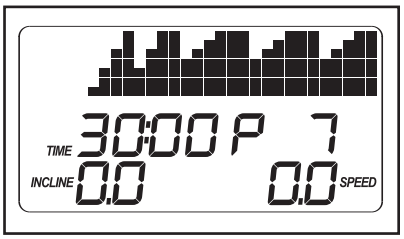
See the instructions included with the chest pulse sensor.

2 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 13.

3 **Select a heart rate program.**

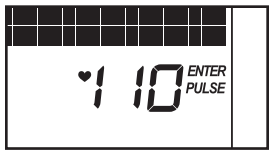
To select a heart rate program, press the Heart Rate Programs button repeatedly until “P1” or “P2” appears in the display.



If heart rate program 1 is selected, a profile of the target heart rate settings of the program will scroll across the display.

If heart rate program 2 is selected, a graphic representing your heartbeat will appear in the display.

4 **Enter a target heart rate setting.**



If heart rate program 1 is selected, the maximum target heart rate setting of the program will appear in the display. If desired, press the increase and decrease buttons beside the Heart Rate Programs button to change the maximum target heart rate setting **(see EXERCISE INTENSITY on page 28).** Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.

If heart rate program 2 is selected, the target heart rate setting for the program will be displayed. If desired, press the increase and decrease buttons beside the Heart Rate Programs button to change the target heart rate setting **(see EXERCISE INTENSITY on page 28).** Note: The same target heart rate setting will be programmed for the entire program.

5 **Press the Start button or the Speed increase button to start the program.**

A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Heart rate program 1 is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. (Note: The same target heart rate setting may be programmed for two or more consecutive segments.) Heart rate program 2 is divided into 100 one-minute segments. The same target heart rate setting is programmed for all segments. Note: For a shorter workout, simply stop the program before it ends.

If heart rate program 1 is selected, the target heart rate setting for the first segment will be shown in the flashing Current Segment column of the display. The target heart rate settings for the next several segments will be shown in the columns to the right. When only three seconds remain in the first segment, both the Current Segment column and the column to the right will flash and a series of tones will sound. When the first segment ends, *all target heart rate settings will move one column to the left.* The target heart rate setting for the second segment will then be shown in the flashing Current Segment column.

During both heart rate programs, the console will regularly compare your heart rate to the current target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the speed of the walking belt will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. If the speed of the walking belt reaches 12 km/h and your heart rate is still too far below the target heart rate setting, the incline of the treadmill will also increase.

If the speed or incline setting is too high or too low at any time during the program, you can adjust the setting with the Speed or Incline buttons. However, each time the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

If your pulse is not detected during the program, the letters “PLS” will flash in the display and the speed and/or incline of the treadmill may automatically decrease.

To stop the program at any time, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 km/h. When the console compares your heart rate to the target heart rate setting, the speed and/or incline of the treadmill may automatically change to bring your heart rate closer to the target heart rate setting.

6 **Follow your progress with the display.**

See step 5 on page 13.

7 **Turn on the fan if desired.**

See step 7 on page 14.

8 **When you are finished exercising, remove the key from the console.**

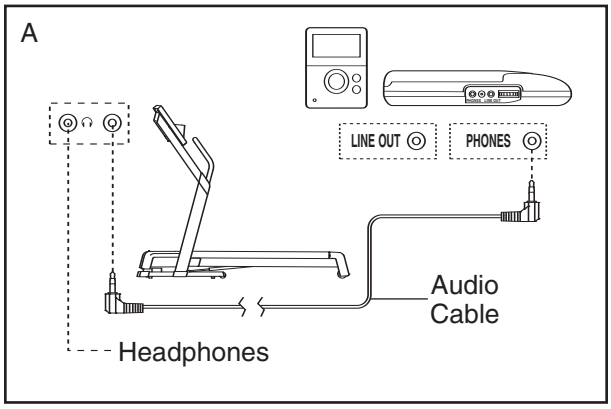
See step 8 on page 14.

HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, you must connect the treadmill to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 18 and 19 for connecting instructions. **To use iFIT.com programs directly from our Web site**, you must connect the treadmill to your computer. See page 19 for connecting instructions. **To use iFIT.com video programs**, you must connect the treadmill to your VCR. See page 20 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

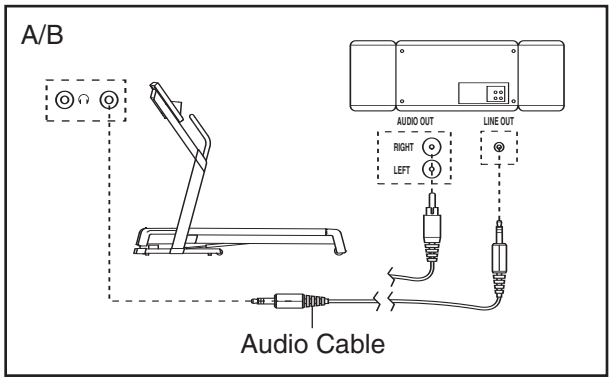
A. Plug one end of the included 3.5 mm to 3.5 mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR PORTABLE STEREO

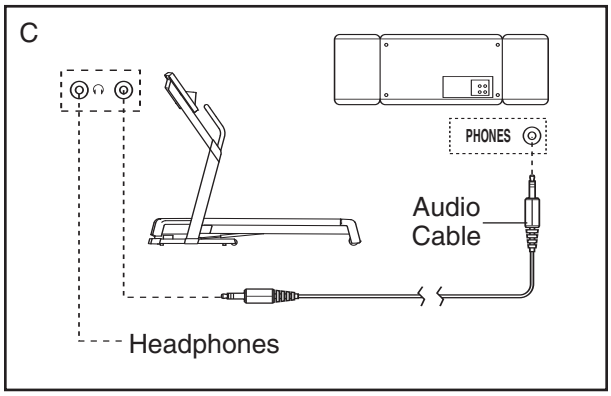
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5 mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. See the drawing above. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

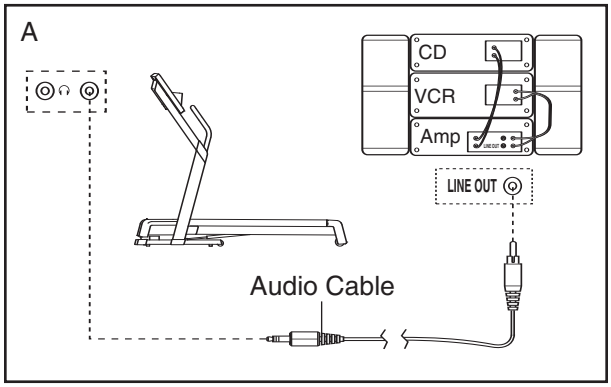
C. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.



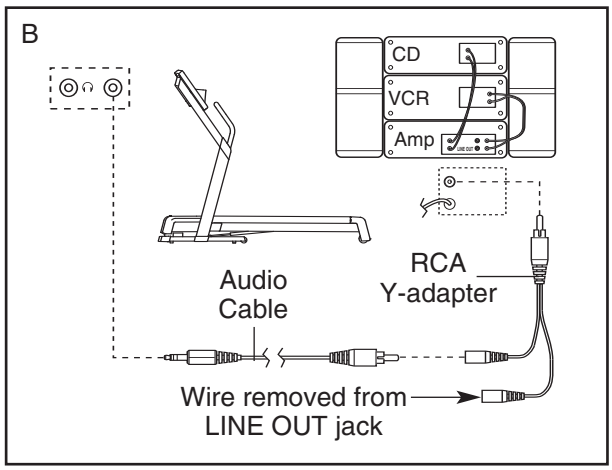
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

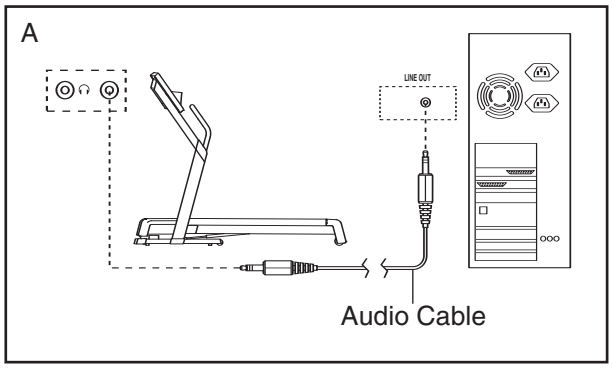


B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo. Note: While the Y-adapter is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR COMPUTER

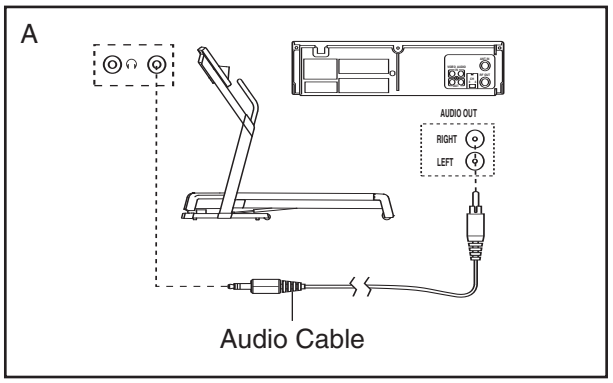
A. Plug one end of a long 3.5 mm to 3.5 mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



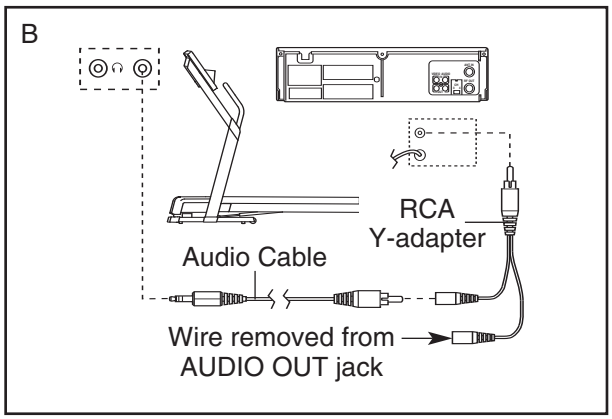
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 19.

A. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a long 3.5 mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE AN IFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, you must connect the treadmill to your MP3 player, CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS on pages 18 to 20. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

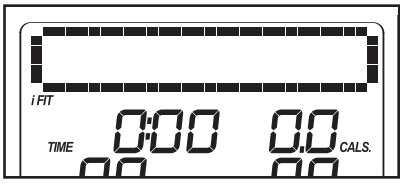
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 13.

2 **Select the iFIT.com mode.**

To select the iFIT.com mode, press the iFIT button. The letters "iFIT" will appear in the display.



3 **Press the Play button on your MP3 player, CD player, or VCR.**

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions. Note: If the time is flashing in the display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing in the display.

During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 km/h. **When the next "chirp" is heard, the speed and/or incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 20.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard:

- **Make sure that the letters "iFIT" appear in the display and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your MP3 player, CD player, or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

4 **Follow your progress with the display.**

See step 5 on page 13.

5 **Measure your heart rate if desired.**

See step 6 on page 14.

6 **Turn on the fan if desired.**

See step 7 on page 14.

7 **When you are finished exercising, remove the key from the console.**

See step 7 on page 17.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

HOW TO USE AN IFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, you must connect the treadmill to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 19. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1. **Insert the key into the console.**

   See HOW TO TURN ON THE POWER on page 13.

2. **Select the iFIT.com mode.**

   See step 2 on page 20.

3. **Go to your computer and start an internet connection.**

4. **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

5. **Follow the desired links on our Web site to select a program.**

   Read and follow the on-line instructions for using a program.

6. **Follow the on-line instructions to start the program.**

   When you start the program, an on-screen countdown will begin.

7. **Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.**

   When the on-screen countdown ends, the program will begin and the walking belt will begin to move.

   Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

   If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

   To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 km/h. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

   When the program is completed, the walking belt will stop. Note: To use another program, press the Stop button and go to step 5.

   Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard, make sure that the letters "iFIT" appear in the display and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.

8. **Follow your progress with the display.**

   See step 5 on page 13.

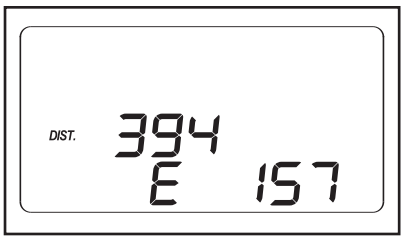
9. **When you are finished exercising, remove the key from the console.**

   See step 7 on page 14.

THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select kilometers or miles as the unit of measurement and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:



The center of the display will show the total number of kilometers or miles that the walking belt has moved. The lower part of the display will show the total number of hours that the treadmill has been operated. In addition, an “M” for metric kilometers or an “E” for English miles will appear in the lower part of the display. To change the unit of measurement, press the Speed increase button.

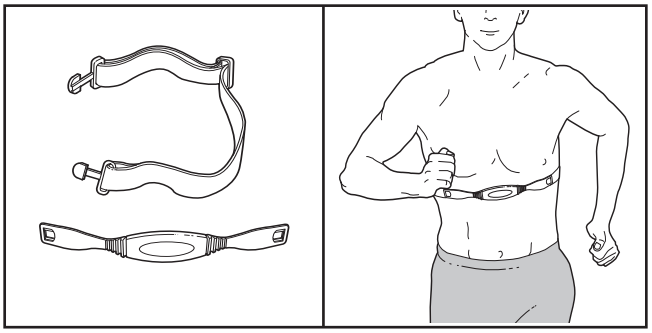
IMPORTANT: If a “d” appears in the display, the console is in the “demo” mode. This mode is intended to be used only when a treadmill is displayed in a store.

When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the indicators in the display will automatically appear in a preset sequence; the buttons on the console will not operate. **If a “d” appears when the information mode is selected, press the Speed decrease button so “d” disappears.**

To exit the information mode, remove the key from the console.

THE OPTIONAL CHEST PULSE SENSOR

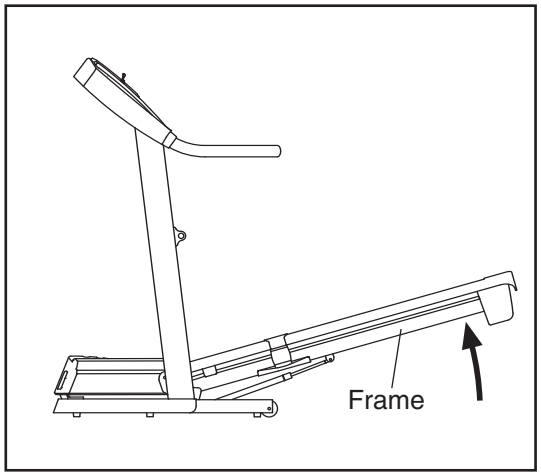
An optional chest pulse sensor adds even more features to the console. The chest pulse sensor offers hands-free operation, and enables you to use the console’s two heart rate programs. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



HOW TO FOLD AND MOVE THE TREADMILL

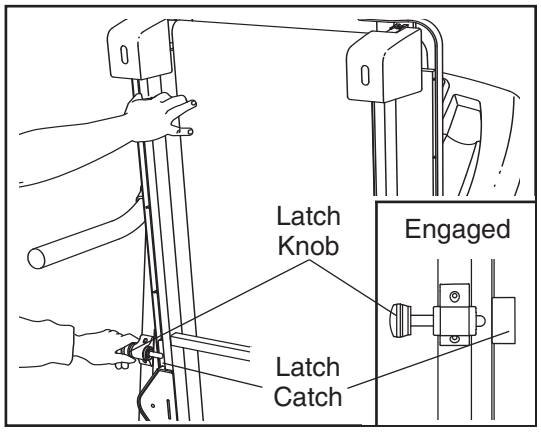
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.



1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the frame, lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.

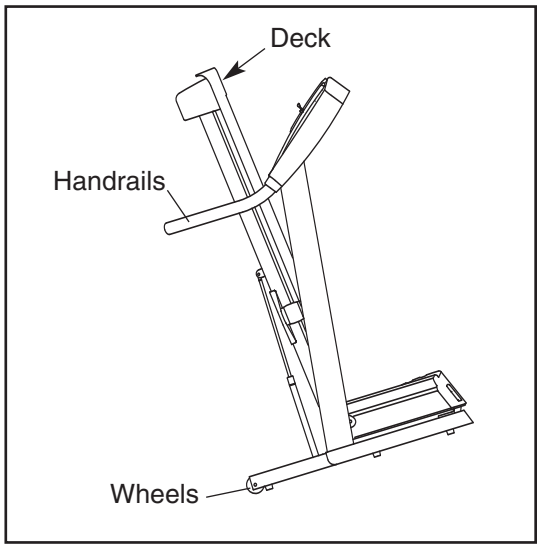
2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the latch catch is aligned with the latch pin, and then slowly release the latch knob. **Make sure that the frame is held securely by the latch pin, as shown.**



To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° Celsius (85° Fahrenheit).

HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is held securely by the latch pin.**



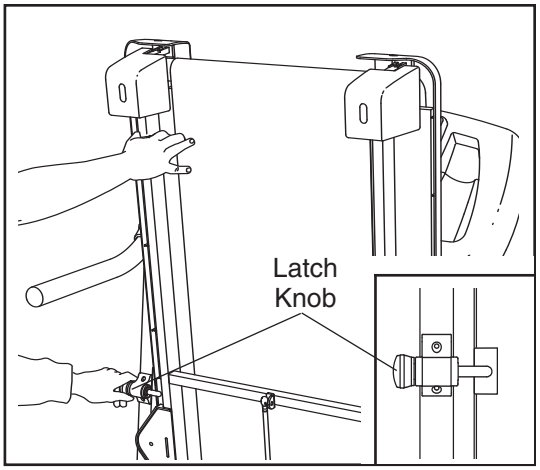
1. Hold one handrail with one hand, and place your other hand on the deck. Place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

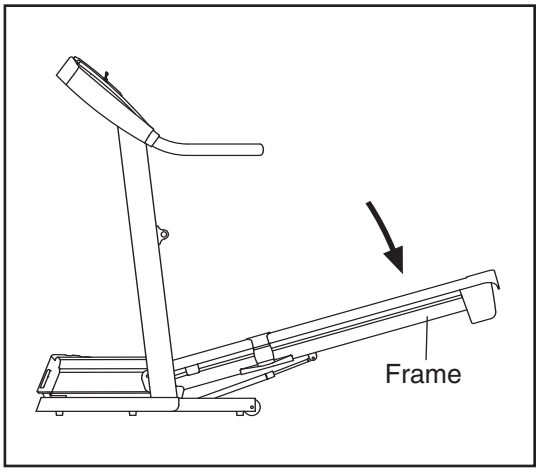
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the treadmill with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.



2. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**



TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

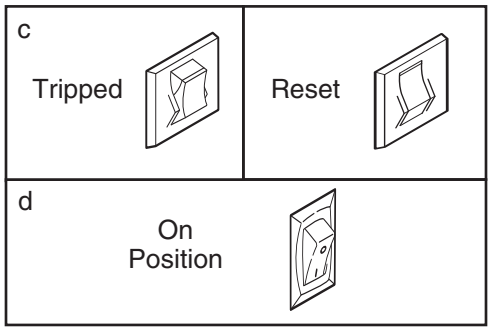
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 11). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

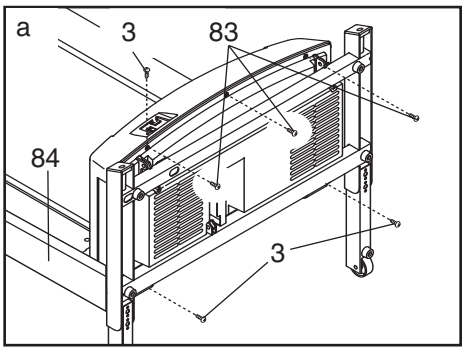
c. Remove the key from the console. Reinsert the key into the console.

d. Make sure that the on/off switch is in the "on" position (see d. above).

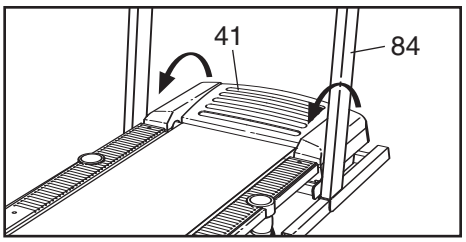
e. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

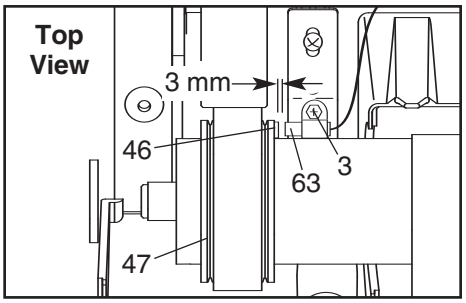
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** With the help of a second person, carefully tip the Uprights (84) down as shown. Next, remove the three Screws (3) and the three 3/4" Screws (83). Note: A phillips screwdriver with a shaft at least 5" long is required.



With the help of a second person, carefully raise the Uprights (84) to the position shown. Carefully pivot the Hood (41) off.



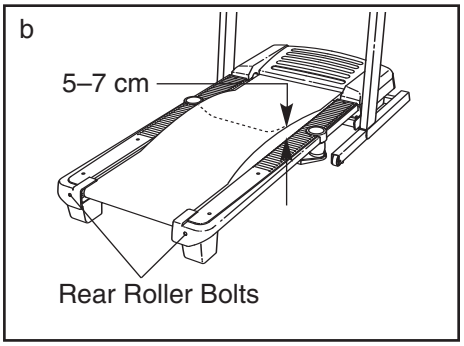
Locate the Reed Switch (63) and the Magnet (46) on the left side of the Pulley (47). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Screw (3), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

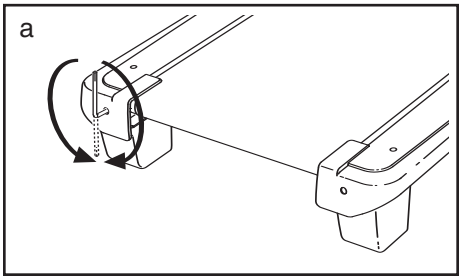
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



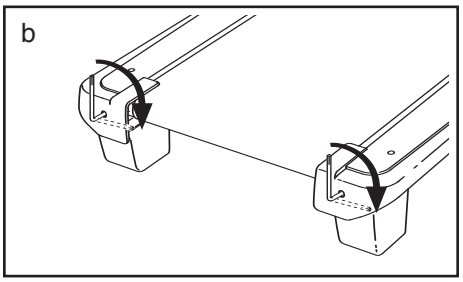
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

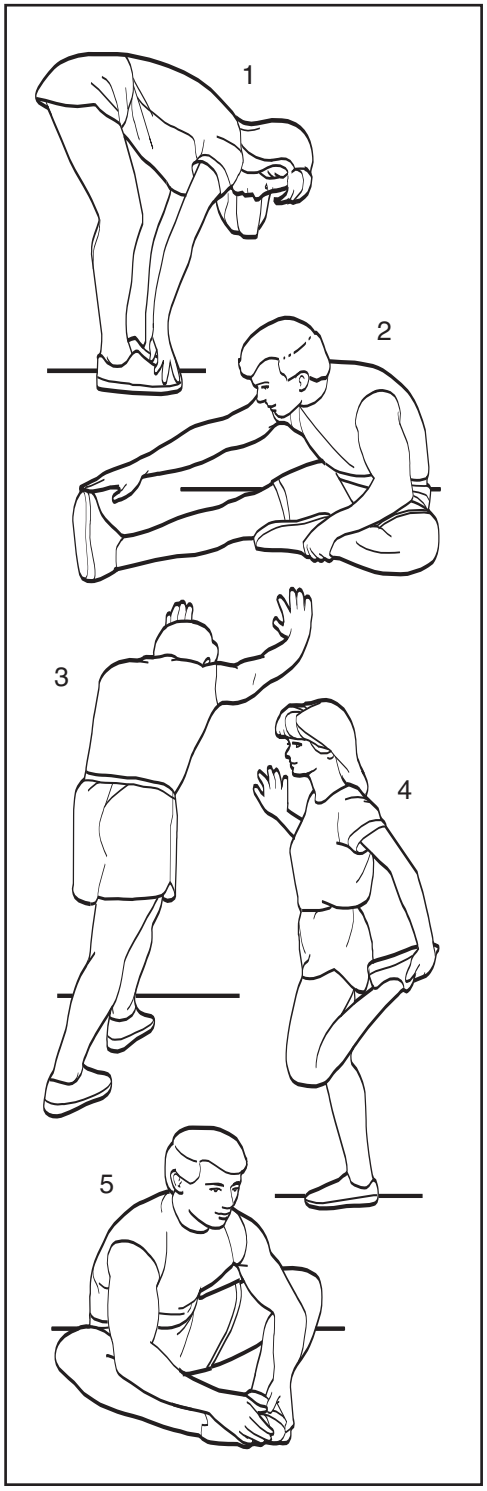
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. PETL40906.0

R0706A

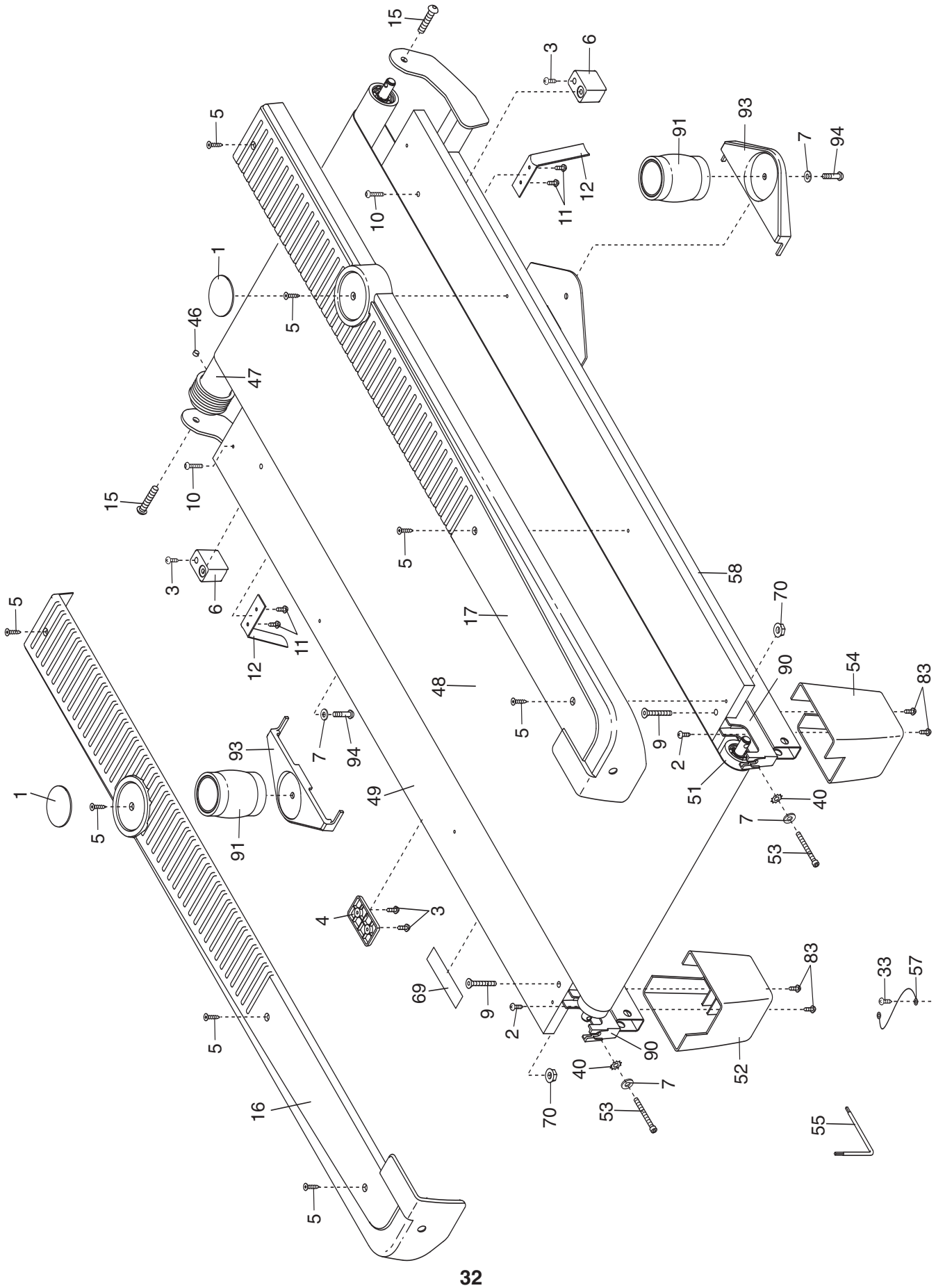
Key No.	Qty.	Description
1	2	Isolator Decal
2	8	3/4” Tek Screw
3	23	Screw
4	1	Catch
5	8	Foot Rail Screw
6	2	Front Isolator
7	4	Isolator Washer/Roller Washer
8	8	Star Washer
9	2	Platform Bolt, Back
10	2	Platform Bolt, Front
11	4	Belt Guide Screw
12	2	Belt Guide
13	2	Motor Isolator
14	1	Power Cord Adapter
15	2	Frame Pivot Bolt
16	1	Left Foot Rail
17	1	Right Foot Rail
18	9	U-nut
19	1	Static Decal
20	1	Handrail
21	1	Latch Pin Assembly
22	6	1” Tek Screw
23	1	Console Ground Wire
24	2	Motor Bolt
25	2	Shock Clip
26	1	Motor Belt
27	1	Drive Motor
28	2	Frame Washer
29	1	Outlet Assembly
30	1	Filter Wire
31	2	Lift Frame Bolt
32	6	Lock Nut
33	17	1/2” Screw
34	1	Console
35	2	Fan Screw
36	1	Power Cord
37	1	Console Fan
38	1	Controller
39	1	Electronics Bracket
40	3	Roller Star Washer
41	1	Hood
42	1	Front Roller Bushing
43	1	Lift Frame
44	2	Upright Endcap
45	1	Front Roller Bolt
46	1	Magnet
47	1	Front Roller
48	1	Walking Belt
49	1	Walking Platform
50	1	Filter
51	1	Rear Roller
52	1	Left Rear Endcap
53	2	Rear Roller Bolt
54	1	Right Rear Endcap
55	1	Hex Key
56	1	Incline Stop Bracket
57	1	Ground Wire
58	1	Frame
59	1	Belly Pan
60	1	Reed Switch Bracket
61	1	Reed Switch Clip
62	1	Front Roller Nut
63	1	Reed Switch
64	8	Handrail Bolt/Extension Leg Bolt
65	2	Handrail Endcap
66	4	Star Washer
67	1	Transformer
68	2	Caution Decal
69	1	Warning Decal
70	2	Platform Nut
71	12	Cable Tie
72	1	Cotter Pin, Bottom
73	1	Latch Housing
74	3	Tie Clamp
75	1	Releasable Tie
76	1	Access Door
77	1	Upright Wire Harness
78	1	Console Wire Harness
79	1	Key/Clip
80	2	Front Wheel
81	2	Wheel Bolt
82	6	Base Pad
83	11	3/4” Screw
84	1	Upright
85	1	Console Base
86	1	Cotter Pin, Top
87	2	Hair Pin Cotter Pin
88	1	Incline Motor
89	2	Extension Leg
90	2	Rear Roller Bracket
91	2	Isolator
92	1	Shock
93	2	Isolator Bracket Cover
94	2	Isolator Bolt, Bottom

95	1	Idler Arm Pivot Bolt
96	1	Idler Arm Spacer
97	1	Idler Arm
98	1	Idler Arm Spring
99	1	Idler Arm Washer
100	1	Idler Arm Nut
101	1	Idler Arm Pulley
102	1	Pulley Bolt
#	1	6” Blue Wire, 2F
#	1	4” Red Wire, M/F
#	1	User’s Manual

“#” indicates a non-illustrated part.
Specifications are subject to change without notice.

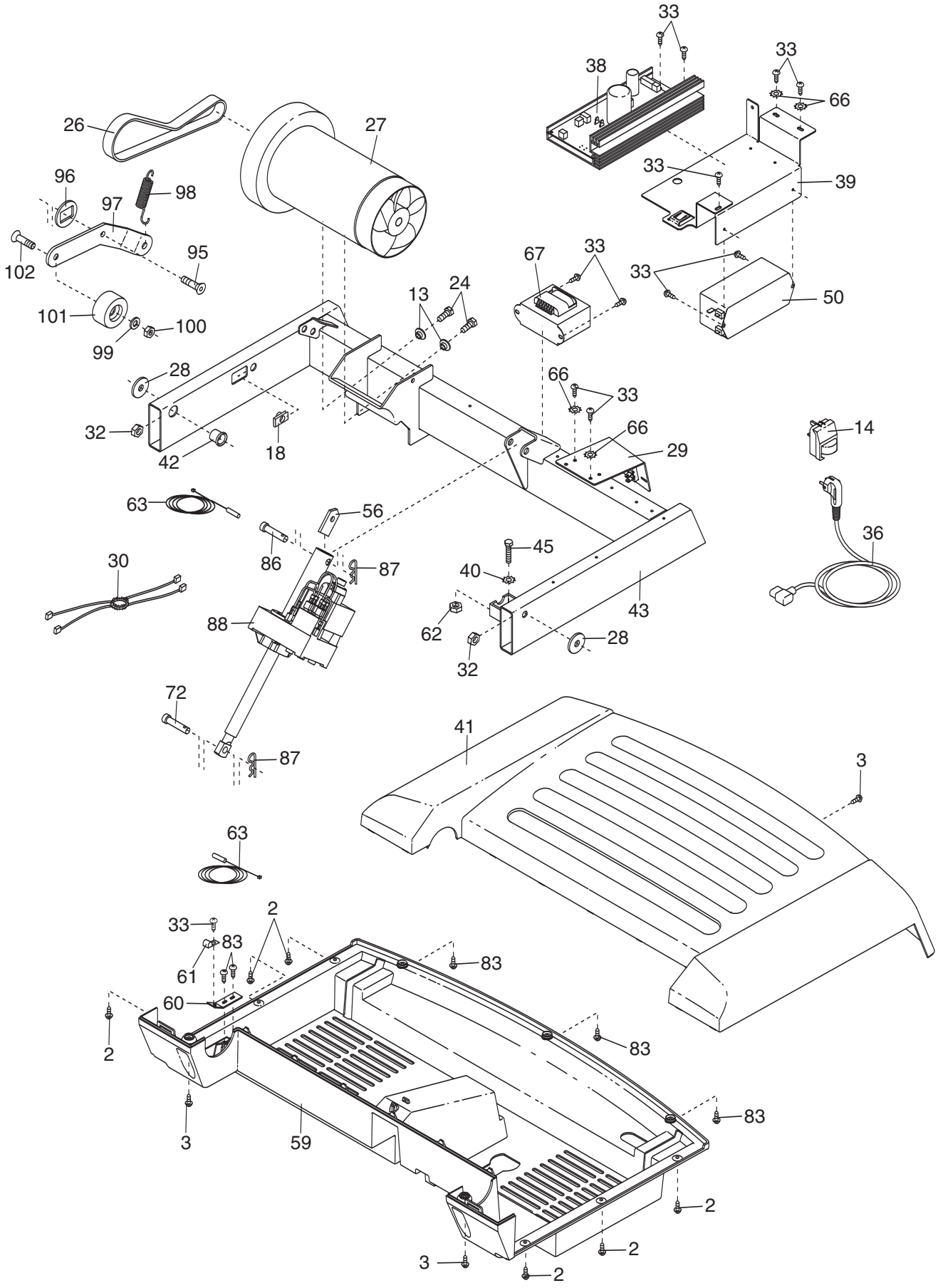
EXPLODED DRAWING—Model No. PETL40906.0

R0706A



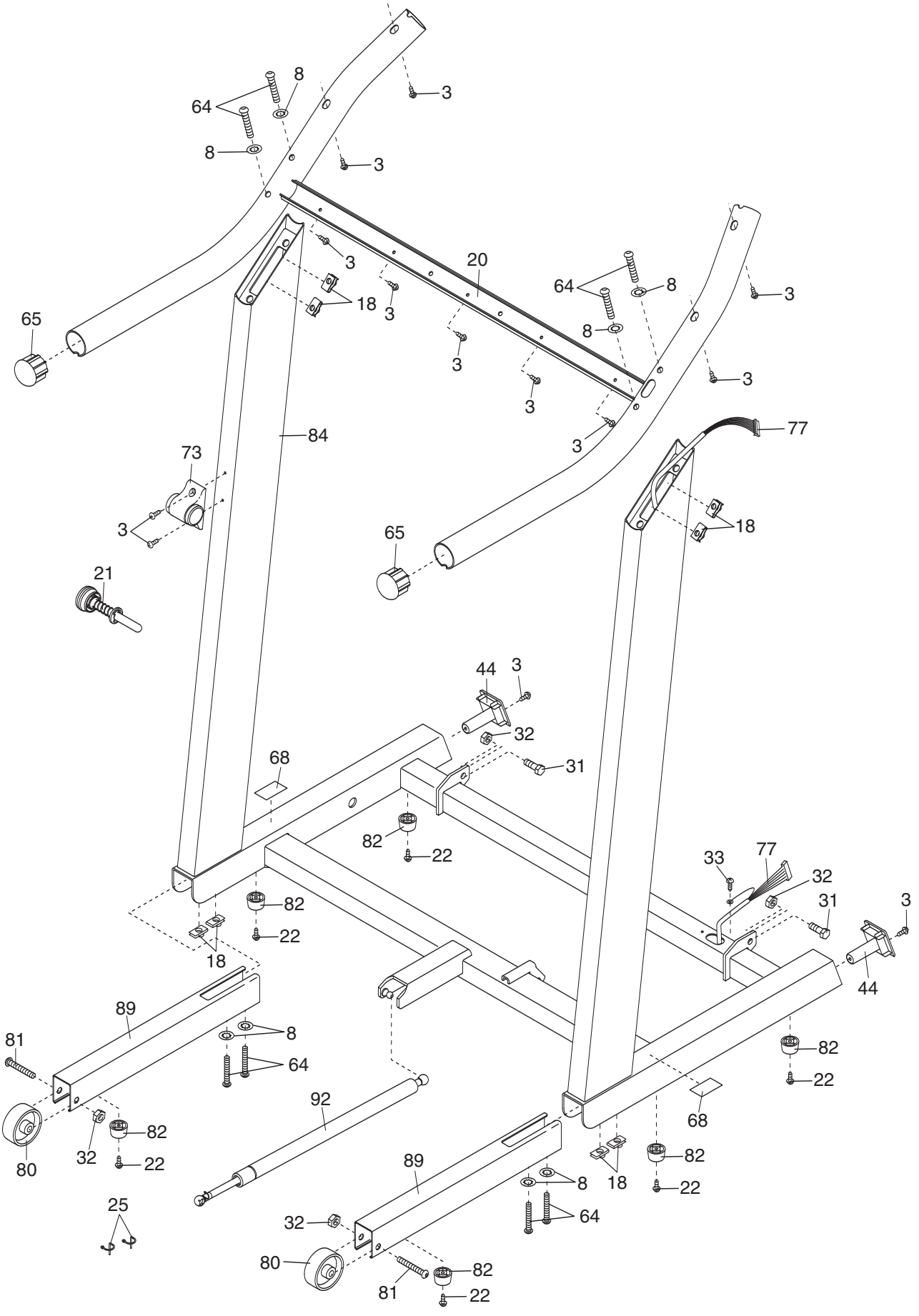
EXPLODED DRAWING—Model No. PETL40906.0

R0706A



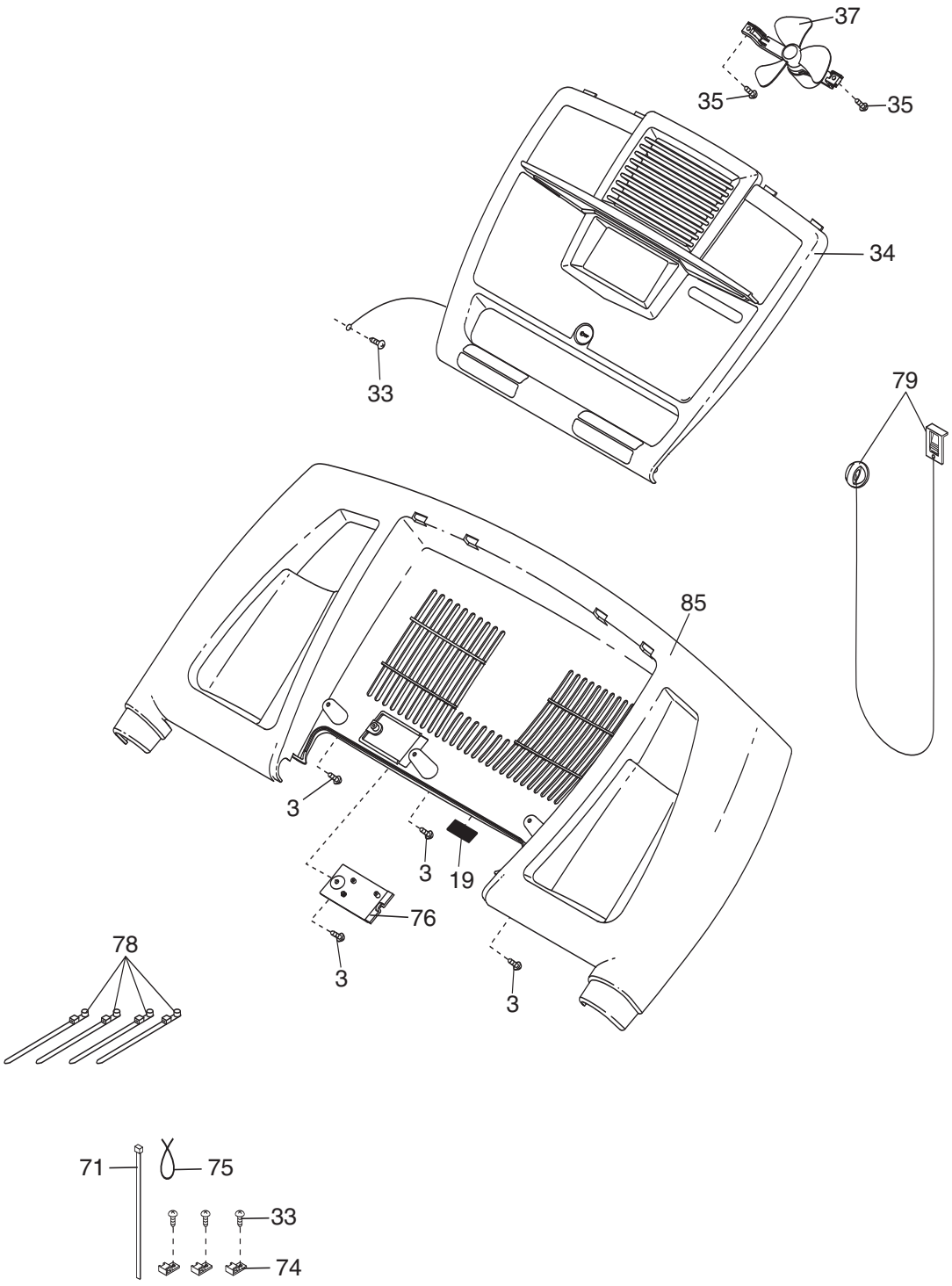
EXPLODED DRAWING—Model No. PETL40906.0

R0706A



EXPLODED DRAWING—Model No. PETL40906.0

R0706A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 0113 387 7133
Fax: (44) 0113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PETL40906.0)
- the NAME of the product (PROFORM 480 CX treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING on pages 30-35 of this manual)

Part No. 237918 R0706A

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